

?

“Knowing yourself is
the beginning of all
wisdom.”

— Aristotle



The emotional intelligence flow

empathy

identify with others



Relationship management

manage interactions



self - awareness

understand yourself



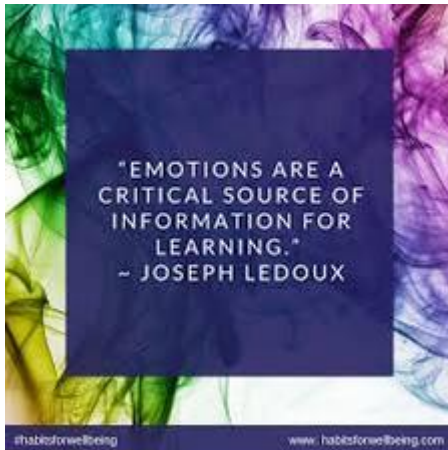
self - management

control your emotions



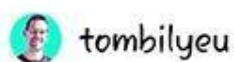
Be Awesome

lead & inspire



How to Develop Better **Self-Awareness?**

- 1.** Focus on identifying your emotions **AS THEY OCCUR**
- 2.** Label the emotion
- 3.** Backtrack until you get to the immediate cause of the emotion
- 4.** Backtrack until you get to the underlying belief/value/insecurity driving the emotion



tombilyeu

I hope you all had a lovely long bank holiday weekend and looked after your well-being.

For today's tidbit of 'well-being Wednesday' focus, I am sharing a post from Young Minds Charity around moods and feelings.

Many people often have trouble identifying and expressing their feelings and emotions (alexithymia), and this graphic shared by Young Minds has a great visual about the range of emotions we may feel from moment to moment, situation to situation, day to day.

"Our emotions and moods are such a vital part in our daily life. They can have a big influence on what we do, how we connect with others and much else. Not everyone is in touch with their emotions and moods as well as sometimes should be the case. Knowing what you feel is really important because then you have better insight for what you need to do to address it and change it where needed.

Or, it can be good to identify and read other people's moods if you want to help or if there is a struggle of any kind.

The mood meter graphic is often used to help children (and adults!) pinpoint what their mood is (Marc Brackett, Professor at Yale Center of Emotional Intelligence). Why? The mood meter is a great tool to train your emotional intelligence and help create a more in depth, authentic vocabulary for self-awareness, something many of us could benefit from." - The Present Psychologist.

It's human nature to feel and it's also ok to express feelings too, it's healthy and necessary.

I hope you will take a look and maybe have a go to really tune in to your own moods and feelings today and at the end of the week, to gauge where you might be and name it (affect labelling) where you can.

Because remember, expressing emotions does not make you weak, it makes you real.

#traumainformed #moodsmatter #empathy #mentalhealth #expressyourself
#feelingsneedfeeling #emotionalhealth #whereyouat #selfawareness #wellbeingweds

Jude Henson